

# SMOKING AMONG ATHLETES: KEEPING THE NEXT GENERATION OF ATHLETES TOBACCO-FREE

<https://tobaccofreelife.org/resources/smoking-athletes/>

When September hits, I think high school and college sports, specifically football and volleyball. How does smoking affect athletes?

You can't perform at your peak if you use tobacco, but some athletes still do it. For the good of their careers, and to maximize their potential as positive role models, we need to help more of them quit.

The effect of smoking cigarettes on athletes can be described very simply: it reduces endurance, it impacts on their performance and it makes them more likely to get injured.

Smoke contains carbon monoxide, a very harmful chemical that disrupts the process through which the muscles obtain oxygen. Your muscles need oxygen to perform their function, and a reduction in the oxygen making its way to them means that the muscles don't work as effectively. This decrease in oxygen supply is worsened by the other effects of smoking, notably that it constricts the blood vessels. This means that athletes who smoke get tired more quickly and won't be able to build muscle as effectively.

If you have an athlete in your life that needs help quitting smoking or vaping, please visit [MyPathIdaho.org](http://MyPathIdaho.org) to find FREE help near you.

